



POLAR EQUINE CS600X TROTTING

Getting Started Guide

POLAR[®]
LISTENS TO YOUR BODY

CONTENTS

1. INTRODUCTION.....	3	7. PLACING THE BELT.....	12
2. CONTENTS OF THE SET	4	8. PAIRING SENSORS WITH THE TRAINING COMPUTER.....	14
3. BUTTON FUNCTIONS.....	6	9. STARTING TRAINING RECORDING	15
4. STARTING THE CS600X	7	10. IMPORTANT INFORMATION	17
Sulky Settings.....	7	Care and Maintenance.....	17
Measuring Wheel Size	8	Service	17
Basic Settings.....	9	Guarantee	18
5. PLACING THE SPEED SENSOR	10	Disclaimer.....	21
6. PLACING THE CS600X ON THE SULKY	11		

1. INTRODUCTION

The Polar Equine CS600X Trotting is the most complete trotting training system for horses available. It is developed from the CS600X training system for people. Read the user manual carefully to use all system features fully.

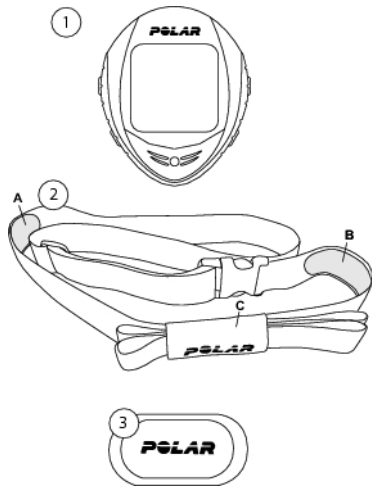


Download the full user manual and this getting started guide in other languages from the CD (available in English, German, French, Italian, Spanish, Finnish and Swedish). The latest version of the full user manual and this getting started guide can be downloaded at www.polar.com/support.

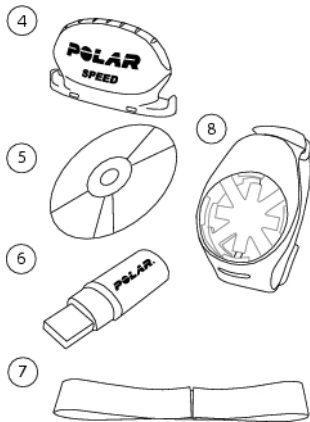
For video tutorials, go to http://www.polar.com/en/polar_community/videos.

2. CONTENTS OF THE SET

1. **CS600X training computer:** receives, displays and records all the data measured by the H3 heart rate sensor and the speed sensor.
2. **Belt:** The plastic electrode areas (A, B) on the reverse side of the belt detect heart rate. The pocket (C) protects the heart rate sensor from shocks and scratches and prevents it from falling off the belt.
3. **H3 heart rate sensor:** The H3 heart rate sensor sends the heart rate signal to the training computer.



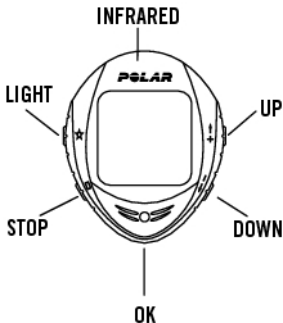
4. **Speed sensor:** measures speed and distance in real time.
5. **ProTrainer 5 Equine** edition software: displays a training log, graphs, tables and reports on your PC to further analyse the data recorded during training.
6. **IrDA USB adapter:** uses infrared connection to transfer the recorded data from the training computer to the PC.
7. **Strap:** If needed, use the strap to keep the belt in front of the harness.
8. **Wrist band:** By using the wrist band, you can carry the training computer on your wrist instead of attaching it on the sulky.



3. BUTTON FUNCTIONS

The CS600X training computer has five navigation buttons and an infrared window to communicate with the PC via the IRDA adapter.

- **UP/DOWN:** Scroll through menus and adjust values.
- **OK:** Enter a menu, confirm a selection and start an exercise.
- **STOP:** Exit a menu, return to the previous display, leave settings unchanged, cancel selections, pause and stop the exercise.
- **LIGHT:** Press once and the backlight is activated for 5 seconds when you press any other button. You can also lock the buttons by pressing and holding the LIGHT button for two seconds.



4. STARTING THE CS600X

1. By default, the CS600X training computer is switched off to save the battery. Press OK twice to activate it.
2. Press UP or DOWN to select language. Press OK to confirm.

Sulky Settings

Enter the sulky settings to ensure the speed measurements are accurate. If you do not enter the settings, the CS600X training computer will remind you to set them before every exercise.

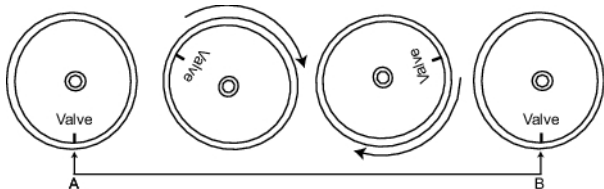
Use the UP and DOWN buttons to customize the following sulky settings. Press OK to confirm your settings.

- **Number of sulkies (1, 2 or 3)**
- **Wheel size for Sulky 1** (in mm)
- **Wheel size for Sulky 2** (in mm) if you use a second sulky.
- **Wheel size for Sulky 3** (in mm) if you use a third sulky.

If you want to re-enter settings, press STOP to return to the previous setting.

Measuring Wheel Size

Use the following method to measure the wheel size accurately: use the valve to mark the point where the wheel touches the ground. Draw a line on the ground to mark that point.



Move your sulky forward on a flat surface for one complete rotation. The tire should be perpendicular to the ground. Draw another line on the ground at the valve to mark a full rotation. Measure the distance between the two lines. Subtract 4 mm to account for your weight on the sulky to get your wheel circumference. Enter this value in the CS600X training computer.



Wheel size settings are a prerequisite for correct speed information!

Basic Settings

You must enter the basic settings, even though they don't concern the horse. If you don't enter the basic settings, the CS600X training computer will remind you to set them before every exercise.

Use the UP and DOWN buttons to customize the following basic settings. Press OK to confirm your settings.

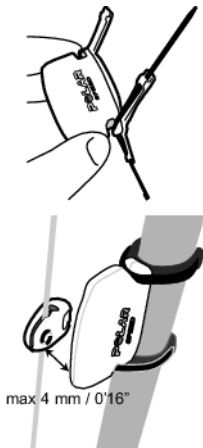
- **Time display (24h/12h)**
- **Time**
- **Date** (day/month/year or month/day/year)
- **Units** (kg/cm/km or lb/ft/mi)

Select **Yes**: Settings are accepted and saved. The CS600X training computer displays the time. Select **No** if settings are incorrect and need to be changed. Press STOP to return to the data you want to change.

Once the settings are done, the CS600X training computer returns automatically to the time display.

5. PLACING THE SPEED SENSOR

1. Attach the rubber part to the sensor.
2. Pass the cable ties through the speed sensor and rubber part holes. Adjust the sensor to the sulky bar so that the POLAR logo faces outwards.
3. Adjust the ties loosely. Do not tighten them yet.
4. Attach the magnet to a spoke at the same level as the sensor. Fasten the magnet to the spoke and tighten it with a screwdriver.
5. Fine-tune the positioning of both the magnet and the speed sensor so that the magnet passes close to the sensor but does not touch it.



6. PLACING THE CS600X ON THE SULKY

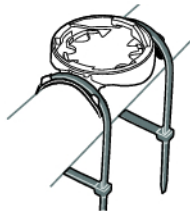
The support has been designed so that the CS600X training computer is always facing you (not perpendicular) wherever you install it on the sulky.

1. Place the rubber part on the sulky bar or stem and insert the support on top of it.
2. Pass the cable ties over the support and adjust them around the sulky bar/stem.
3. Secure the bike mount firmly and cut off any excess cable tie ends.
4. Position the CS600X training computer on to the support. Turn the CS600X training computer clockwise until you hear a click. It is now ready for use!

You can release the CS600X training computer by pressing it down and simultaneously turning it counter clockwise.



Alternatively you can use the wrist band to carry the training computer on your wrist.



7. PLACING THE BELT

1. For the heart rate sensor to read the heart rate properly, ensure a good contact between the plastic electrode areas and the horse's skin. Wet the belt properly, for example in a bucket of water (1).
2. Also wet the horse's hair from the areas where the electrodes of the belt are placed (2). If your horse has long or thick hair, you can clip those areas. This greatly improves the heart rate signal quality.
3. Attach the heart rate sensor to the pocket (3). Close the pocket firmly.

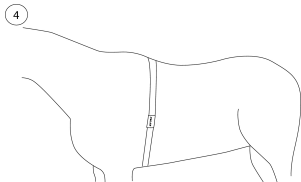


- Place the belt as indicated (4), with the heart rate sensor pocket on the left side of the horse. This ensures that the electrode areas of the belt are in the right position.

The range of the heart rate sensor is over 10 m. Therefore, you can monitor your horse's heart rate also when lunging.



For the video, go to http://www.polar.com/en/polar_community/videos. For instructions on displaying the horse's heart rate and recording a training session, see the training computer's user manual. The user manual can be downloaded at www.polar.com/support.



8. PAIRING SENSORS WITH THE TRAINING COMPUTER

If you purchase a new heart rate sensor or Equine speed kit sensor, it must be paired to your training computer. For instructions on pairing the heart rate sensor, see *Using a New Heart rate Sensor*. For instructions on pairing the speed sensor W.I.N.D., see *Using a New Accessory* in the full user manual of the training computer. Please note that pairing may be referred to as teaching in the user manual.

If you purchased the sensor and training computer together, as a set, the sensor is already paired to the training computer. In this case, you will only need to activate the sensor in your training computer. For more information, see *Feature Settings* in the user manual.

9. STARTING TRAINING RECORDING

1. Start the heart rate measurement by pressing OK. Within five to ten seconds, the horse's heart rate appears on the display.
2. Press OK to start recording the exercise.
3. You can view three lines of exercise information simultaneously in the CS600X training computer. Press UP or DOWN to change the view. The name of the display appears for a few seconds. The name indicates the information on the lowest row.

You can customize the CS600X display to view the information you need the most during training, either by using the training computer or the ProTrainer 5 software. The information available depends on the features that are activated. For instructions, see the full user manual at www.polar.com/support.

You can also zoom the display. Press and hold UP to zoom into the upper row, and DOWN to zoom into the middle row. Return to the normal display by pressing and holding the buttons again.

4. To stop the exercise, press STOP twice. The CS600X returns to the time display.

To view detailed information on the exercise session, select **File**.

- The **Exercise Log** lists a maximum of 99 exercise files.
- The **Weekly summary** displays summaries for the past 16 weeks.
- **Totals** include cumulative values recorded during training sessions.
- In the **Delete** menu, you can delete exercise files.

For a deeper analysis, transfer the data to Polar ProTrainer 5. The software offers you different options to analyze the data. For instructions, download the full user manual from the CD or at www.polar.com/support.

You can also transfer the data to polarpersonaltrainer.com web service by using the WebLink software. Download the software from Downloads at www.polar.com/support.



For more detailed information on using the CS600X training computer, download the full user manual from the CD or at www.polar.com/support.

10. IMPORTANT INFORMATION

Care and Maintenance

Follow the caring instructions to ensure reliable measurement and to maximize the life span of the belt and the heart rate sensor. The following instructions will help you fulfill the guarantee obligations.

Heart rate sensor: Detach the heart rate sensor from the belt after every use and dry it with a soft towel. Clean the heart rate sensor with a mild soap and water solution when needed. Never use alcohol or any abrasive material (e.g. steel wool or cleaning chemicals).

Belt: Rinse the belt under running water after every use and hang to dry. Clean the belt gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the belt. Do not soak, iron, dry clean or bleach the belt. Do not stretch the belt or bend the electrode areas sharply.

Dry and store the belt and the heart rate sensor separately to maximize the heart rate sensor battery lifetime. Keep the heart rate sensor in a cool and dry place. To prevent snap oxidation, do not store the heart rate sensor wet in non-breathing material, such as a sports bag. Do not expose the heart rate sensor to direct sunlight for extended periods.

Service

During the 12-month guarantee/warranty period we recommend that you have service, other than battery replacement, done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For contact information and all Polar Service Center addresses, visit www.polar.com/support and country specific websites.

Guarantee

Limited International Polar Guarantee for Equine Products

- Polar Equine products are developed and manufactured for the usage in equine sports. Each product endures rigorous testing before it leaves the factory.
 - This guarantee does not affect the customer's statutory rights under applicable national or state laws in force, or the customer's rights against the dealer arising from their sales/purchase contract.
 - This limited Polar international guarantee is issued by Polar Electro Inc. for customers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for customers who have purchased this product in other countries.
 - Polar Electro Oy/Polar Electro Inc. guarantees the original customer/purchaser of this device that the product will be free from defects in material or workmanship for twelve (12) months from the date of purchase.
 - The receipt of the original purchase is your proof of purchase!
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, cracked, broken or scratched cases/displays, modified or altered products or their parts and electrode belt and strap of sensors.
 - The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
 - Items purchased second hand are not covered by warranty, unless otherwise stipulated by local law.
 - During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

Regulatory information is available at www.polar.com/support.

Compliance Statement

Canada

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approuvé aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

Industry Canada (IC) regulatory information

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Avis de conformité à la réglementation d'Industrie Canada

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Class B digital device notice

This Class B digital apparatus complies with Canadian ICES-003, RSS-Gen and RSS-210.

Cet appareil numérique de la classe B est conforme à la norme NMB-003, CNR-Gen et CNR-210 du Canada.

USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits forth for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.



This marking shows that the product is protected against electric shocks.

Copyright © 2012 Polar Electro Oy, FI-90440 KEMPELE.

Polar Electro Oy is a ISO 9001:2008 certified company.

All rights reserved. No part of this manual may be used or reproduced in any form or by any means without a prior written permission of Polar Electro Oy. The names and logos marked with a ® symbol in this user manual or in the package of this product are registered trademarks of Polar Electro Oy.

Disclaimer

Please note that these guarantee terms shall be applied to Polar Equine products instead of any other Polar Electro guarantee term, even if other terms may appear in some product documentation.

Manufactured by

Polar Electro Oy
Professorintie 5
FIN-90440 KEMPELE
Tel +358 8 5202 100
Fax +358 8 5202 300
www.polar.com

POLAR®
LISTENS TO YOUR BODY